

Full Report (All Nutrients) 45053043, BEEF SHEPHERD'S PIE, UPC: 041497046935

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**Report Date: May 22, 2017 06:17 EDT**

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer WEIS MARKETS, INC.

Nutrient	Unit	Data points	Std. Error	1 cup 227g	1 Value Per100 g
<b>Proximates</b>					
Energy	kcal	--	--	311	137
Protein	g	--	--	16.00	7.05
Total lipid (fat)	g	--	--	23.00	10.13
Carbohydrate, by difference	g	--	--	8.99	3.96
Fiber, total dietary	g	--	--	0.9	0.4
Sugars, total	g	--	--	3.00	1.32
<b>Minerals</b>					
Calcium, Ca	mg	--	--	41	18
Iron, Fe	mg	--	--	1.43	0.63
Sodium, Na	mg	--	--	640	282
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	--	--	1.1	0.5
Vitamin A, IU	IU	--	--	5001	2203
<b>Lipids</b>					
Fatty acids, total saturated	g	--	--	8.989	3.960
Fatty acids, total trans	g	--	--	0.999	0.440
Cholesterol	mg	--	--	66	29
<b>Amino Acids</b>					
<b>Other</b>					

**Ingredients**  
BEEF FILLING (BEE, CARROTS, WATER, ONIONS, MARGARINE [LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOYLECITHIN, POTASIUM SORBATE AND CITRIC ACID ADDED AS A PRESERVATIVES, ARTIFICIAL CARBONATE (COLOR), VIATMIN A PALMINATE ADDED], SEASONING [SALT, ONION POWDER, SPICES, ONION EXTRACTIVES (CONTAINS CORN STARCH, DEXTRIN, CORN STARCH), SPICE EXTRACTIVE], FLOUR [BLEACHED (OR UNBLEACHED), WHAET FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID] FOOD STARCH-MODIFIED TOMATOES [TOMATOES, TOAMTO JUICE, SALT, CALCIUM

CHLORIDE, CITRIC ACID], SOY LECITHIN POWDER, BEEF SEASONING [BEEF AND BEEF JUICES, HYDROLYZED SOY PROTEIN, CORN SYRUP SOLIDS, HYDROGENATED SOY AND COTTONSEED OIL, AUTOLYZED YEAST EXTRACT, SALT, CARAMEL COLOR, CITRIC ACID, FLAVOR, SULFITES], SALT, CARMEL COLOR), POTATO TOPPING (WATER CHEDDAR CHEESE [SHARP CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO COLOR), POTATO STARCH AND POWDERED CELULOSE ADDED TO PREVENT CAKING, NATAMYCIN (A NATURAL MOLD INHIBITOR), DEHYDRATED POTATOES (PRECOOKED DRIED, SELECTED POTATOES, WHEY SOLIDS [FROM MILK], AND LESS THAN 1% OF CALCIUM STEAROYLATE, CORN SYRUP SOLIDS, SOY PROTEIN PARTIALLY HYDROGENATED VEGETABLE OIL [PALM KERNEL, SOYBEAN AND COTTONSEED OILS] WITH SOY LECITHIN SODIUM CASENATE [FROM MILK], MONO AND DIGLYCERIDES, PRESERVATIVES [SODIUM ACID PYROPHOSPHATE, SODIUM BISULFATE, BHT], VITAMIN C [ASCORBIC ACID], DIPOTASSIUM PHOSPHATE, ARTIFICIAL FLAVOR, DATEM), MILK [MILK, VITAMIN D], MARGARINE [LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN, POTASSIUM SORBATE AND CITRIC ACID ADDED AND A PRESERVATIVES, ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMATE ADDED], CHEESE EXTENDER [WHEY (FROM MILK), ENZYME MODIFIED CHEESE SOLIDS (MILK, CHEESE CULTURES, SALT, ENZYMES, CALCIUM CHLORIDE) SKIM MILK, MALTODextrin, SALT, SODIUM CITRATE]), POTATO SEASONING [SALT, GRANULATED ONION, ONION EXTRACTIVES (CONTAINS MODIFIED CORN STARCH, DEXTRIN, CORN STARCH)]. *Date Last Updated by Company: 08/14/2014*